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| **Body Weight Workouts** | | | | | | |
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|  |  | **Day 1** | | | |  |
|  |  | A close up of a logo  Description automatically generated | | | |  |
|  |  |  | | | |  |
|  |  |  | | | |  |
| **Day #1** | | | | | | |
|  | **Warm up** | **Speed Mechanics (x20 reps each leg)**-[HIGH KNEES](https://youtu.be/Newxff_EQMo), [BUTT KICKS](https://youtu.be/JzYZXZOVqtg), [A-SKIP](https://youtu.be/Zf4rGBOCs60) | | | |  |
|  | **Core**-Front Plank 2X1 min | | | |  |
|  |  | Workout | | | |  |
|  |  | Warm up (specifics) | **Sets/Reps** | **Weight/%** | **rest** |  |
|  |  | Bird Dogs | 2X24 (12/12) |  |  |  |
|  |  |  |  |  |  |  |
|  | Levels | **Giant Set** | **Sets/Reps** | **Weight/%** | **rest** |  |
|  |  | [Body Weight Squats](https://youtu.be/c3Ms0Ex4LpA) | 4X15 | BW |  |  |
|  |  | [Sgl Leg Glute Bridges](https://youtu.be/Pf7hSTd6GMA) | 4X15/15 | BW |  |  |
|  |  | [Straight Leg Lifts](https://youtu.be/X4sMnXBcLIo) | 4X15 | BW | 30 sec |  |
|  |  | **Giant Set** | **Sets/Reps** | **Weight/%** | **rest** |  |
|  |  | [Push ups](https://youtu.be/DkNxjKvmFB4) | 3X12 | BW |  |  |
|  |  | [Scap Push ups](https://youtu.be/m_dmKkCjVUQ) | 3X12 | BW |  |  |
|  |  | [T-s](https://youtu.be/95jnRTeU3sI) | 3X12 | BW |  |  |
|  |  | **Arms** | **Sets/Reps** | **Weight/%** | **rest** |  |
|  |  | Sgl leg RDL Hold | 3X30/30 | 10-30 lbs |  |  |
|  |  | [Side Lunges](https://youtu.be/3kU4WNZGSWU) | 3X12/12 | 10-20 lbs |  |  |
|  |  | **Cardio** | **Sets/Reps** | **Weight/%** | **rest** |  |
|  |  | Light Run | 10 minutes or 1.5 miles |  |  |  |
|  |  | **Recovery** |  |  |  |  |
|  |  | Static Stretch-Hamstrings/Hips/Quads |  |  |  |  |
|  |  |  |  |  |  |  |